

Risk: One of 21 counties that will be at lower risk

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“But, for unvaccinated individuals, COVID-19 remains as large a threat as it ever was. With more contagious variants spreading, far too many Oregonians are still being hospitalized when they could be protected with a vaccine. If you have been waiting to get vaccinated, go get your shot today. It’s never been easier to get an appointment, and you may just win \$1 million through the Take Your Shot, Oregon campaign.”

Counties that have vaccinated at least 65% of adults can move to lower risk — an option to move more counties back to normal operations quicker.

About 61% of people 16 and older in Clatsop County have received at least one dose of a vaccine, according to the Oregon Health Authority.

“We are pleased that case counts remain low and that we will remain in lower risk,” Mark Kujala, the chairman of the county Board of Commissioners, said. “It is still very important for those 12



Hailey Hoffman/The Astorian

Johnathan Kvale receives the Johnson & Johnson vaccine at the Astoria Armory in April.

years and above to get vaccinated so we can continue our economic recovery.

“County health continues to do an outstanding job and thank you to the hundreds of volunteers that have helped staff phones and work clinics. We couldn’t get to this point without them.”

Clatsop County is one of 21 counties that will be at lower risk through June 17. Four counties will be at moderate risk and 11 will be at high risk.

Counties with a population of 30,000 or more

are evaluated for risk based on virus cases per 100,000 over two weeks and the test positivity rate for the same period.

Counties at lower risk have a case rate under 50 per 100,000 people, and may have a test positivity of 5% or less.

As of Saturday, Clatsop County had 25 cases per 100,000 over a two-week period. Test positivity was 1.9%.

Capacity for indoor dining at restaurants and bars in counties at lower risk can

increase to 50% with a mid-night closing time. Up to 300 people can dine outdoors. Tables must be limited to eight people.

Gyms, indoor pools, museums, theaters and other entertainment venues can operate at 50% of capacity.

Grocery stores, pharmacies, retail shops and shopping malls can operate at 75% of capacity.

Churches can increase capacity to 75% indoors and 300 people outdoors.

Indoor social gatherings must be limited to 10 people from four households in counties at lower risk. Outdoor gatherings can have 12 people.

Indoor and outdoor visits are allowed at long-term care facilities.

The county has recorded 1,022 virus cases since the pandemic began. According to the county, 25 were hospitalized and eight have died.

The county has set a target of vaccinating 27,533 people — or 70% of the population — to try to achieve herd immunity against the virus. As of Friday, 17,270 people have been fully vaccinated.

Rentals: ‘We are going to see more and more people coming to the coast’

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“What I saw was that the character of a neighborhood was changing and I wanted to do something about it,” she said. “We’ve all been working — I want to say, groping — toward a solution since then. I’ve seen some things that have given me hope. I’ve seen some things that have given me cause for concern. I think there is no doubt that county government in Astoria and the commissioners all around Clatsop County understand that there’s an issue with transient occupancy. That gives me hope.

“What gives me enormous concern is that the character of the interactions that I see in my neighborhood are heart-breaking to me,” she said. “We live in a beautiful place. We are privileged to live part time, full time as owners, as renters in a

beautiful place. But here’s the thing about Oregon law. Everybody can come and visit that place. They are public beaches. With the increase in population, we are going to see more and more people coming to the coast.

“We’re going to see them coming to state parks. We’re going to see them coming all over the place. So they’re going to be coming to our neighborhood. To the idea that we can control other people’s access to our little piece of paradise and make whatever our opinion is into law just doesn’t work. And I’ve seen that become what I think is an increasing dynamic. What also gives me cause for concern is I would say the cruelty, the malice that has been involved, the idea that if someone is unkind enough to another human being they can work their will on them. That’s not positive.”

Mascot: ‘Not a decision that the high school will make’

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graduation, and that talking about changes to the mascot fit well into her speech. When she finally stood at the podium, she only felt excitement.

“As a state-qualifying varsity athlete, captain and teammate, I only wish I could have fought and competed under a mascot that represented everyone on the team,” Rouda told the audience.

She added: “Our mascot currently does not represent all students and is not inclusive. If firemen and policemen felt the need to evolve to firefighters and police officers, then why can we not evolve from Fishermen?”

“A new, gender-neutral mascot that still honors Astoria’s history, or shortening to the ‘Fish,’ which we already use frequently, would solve this problem. We want to be represented. We want to be valued.”

Rouda told her fellow seniors that she hoped “you become the change you want to see.”

As she finished, the same

‘AS A STATE-QUALIFYING VARSITY ATHLETE, CAPTAIN AND TEAMMATE, I ONLY WISH I COULD HAVE FOUGHT AND COMPETED UNDER A MASCOT THAT REPRESENTED EVERYONE ON THE TEAM.’

Constance Rouda | Astoria High School graduate

polite applause that followed the other student speakers ushered her from the podium.

Rouda will meet with Jackson next week to talk about next steps for the mascot discussion. But it’s complicated.

Since the mascot debate last year, both the girls softball and basketball teams have chosen to use the Lady Fish moniker, putting it on their gear, Jackson said.

Meanwhile, though academics and some government agencies might use the more neutral term of “fisher” to refer to anyone participating in commercial fishing, within the industry itself,

men and women alike refer to themselves as “fishermen.”

Jackson believes the split he saw in the leadership class likely reflects opinions in the broader community, and there are certainly strong opinions on both sides.

There is also still the question of how to properly air the discussion in the school community. While school is expected to resume more normal operations in the fall, Jackson doesn’t expect to see a full school assembly anytime soon.

“So how do you address this issue with the student body?” he said.

There are also people in

the community interested in weighing in. Ultimately, the matter would need to be brought to the school board for debate and a final decision, Superintendent Craig Hoppes said.

“It’s not a decision that the high school will make,” Hoppes said.

Rouda will attend the University of Wisconsin-Madison in the fall, but she wants to remain available to the school district if the mascot discussions continue. Even if nothing changes, she thinks it has been a valuable process.

After graduation, Rouda, who swam and played golf on the school teams, heard from younger teammates. They hadn’t been aware of the mascot debate until they heard her speech. They wanted to share their own ideas for a new name.

These types of discussions provide an opportunity for people to hear each other’s opinions, a chance to empathize with and support each other, she believes. “I think having a conversation can be really eye-opening and beneficial,” she said.

Police: Astoria’s city budget comes to \$49.5 Million

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unrest over the past year and calls to defund police following police killings of Black men elsewhere in the country.

In the survey, the police department asks respondents to rate how they feel police officers treat people in the community, what the interactions have been like, what they think are the greatest problems in the community, if the respondent feels safe in bars or on the Astoria Riverwalk, among other questions. There is space to provide additional comments.

Police Chief Geoff Spalding hopes the survey will validate and confirm things the department already knows. He hopes it will also lead to tangible actions the department can take to improve or enhance its relationship with the community. The survey answers could determine where the department focuses the new community service officer, for example.

“We expect that there will be some negative comments and some areas we can look at and hopefully improve upon,” Spalding said. But, he added, “we’re doing it for a reason — because we want to be responsive to the community.”

The creation of the community service officer position was done in the same spirit, he said. While the person who takes the job will be trained in the basics

COMMUNITY SURVEY

People are encouraged to take a community survey to help guide the Astoria Police Department.

Access the survey at bit.ly/3g5LWDM

of criminal law and how to take a report and talk on a police radio, it is not a position that requires police academy training.

“I’m looking more for the positive community contacts and coordinating special events we’d like to do more of,” Spalding said. Events like coffee with cops and the like.

As far as enforcement goes, at most, the officer might write parking tickets or take police reports.

The city’s 2021-22 spending plan, though cramped by the impacts of the coronavirus pandemic, also added an associate planner position for the Community Development Department and a deputy fire chief to take over fire marshal and emergency management duties.

Both positions will ease pressures on the departments as demands for services remain high.

Community development has been busier than ever in recent years, but a multiyear search for a new director and a small staff meant some long-term projects like code development went on the back burner.

At the start of the coronavirus pandemic, the department saw a slight reduc-

tion in work for the first few months, but then the volume went right back up, said Megan Leatherman, the community development director.

She hopes to post the associate planner position this week and have someone selected for the job later in the summer. She also will need to find a new city planner. Barbara Fryer, hired in 2019, took a position with the city of Cornelius and worked her last day last week.

While Leatherman is confident she will find a roster of candidates for the two planning jobs, the city continues to look for a building official, too. It has proved to be a particularly challenging job to fill.

Many people in these jobs are retiring and younger people are not moving into the industry to take their place, Leatherman said. But the city is also competing with the private sector for candidates.

“We saw this before when we had the last housing boom,” she said. People were able to make more money in the private sector and were not tempted by government jobs.

“We’re kind of reaching that same point,” Leather-

man said.

Astoria has never had a dedicated emergency manager and Fire Chief Dan Crutchfield has tackled the various fire marshal duties himself. The department already has another deputy chief whose primary focus is on training and shift supervision.

The addition of a second deputy chief who can work more with developers and homeowners to address fire safety concerns at the beginning of projects will be an important addition, Crutchfield said. He hopes to also implement a business inspection program when the new deputy chief is hired to get fire personnel into buildings in the city so they can familiarize themselves with the layout and look for potential fire hazards.

The city budget comes to \$49.5 million, up from this year’s budget of \$46.9 million. With the federal American Rescue Plan Act, the city anticipates receiving \$2 million in additional funding over a two-year period for infrastructure needs, according to a budget message prepared by City Manager Brett Estes.

“As a city,” Estes wrote, “we have developed budgeting to provide resources for daily activities while paying close attention to (City Council) goals and providing flexibility for the current pandemic status while planning for future impacts and unforeseen events.”

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Click the Start button , then type CMD. Click on “Run as Administrator” Click “Yes” to run the program. Type `wmic diskdrive get status` then press enter on your keyboard. This will check the hard drive(s) in your computer. OK means they are fine. Otherwise, back up your data immediately and replace your hard drive before your data is lost. If you need help, shut down your computer and bring it in



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Q: What about muscle spasms?

A: Charlie horses, facial tics and neck spasms are all related to the muscles’ need for adequate minerals, and blood supply. A muscle which has a deficit of magnesium or oxygenated blood will be hindered from staying soft and pliable. These deficiencies are simple to correct. If you need help, call us today and set up an appointment!



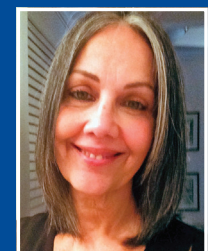
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Q: Does oral health affect overall health?

A: Although you probably understand that poor dental care can lead to cavities, did you know that other, more serious health problems can also result from poor oral care? The truth is that if you don’t take proper care of your teeth, you could face far more serious consequences than a simple toothache or some unsightly stains. You could face cardiovascular disease, dementia, respiratory infection, diabetic complications and more.



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Q: What should I look for when choosing a therapist?

A: Recommendations from friends or a healthcare provider are a good place to start. Look for someone who is licensed, experienced, and who works on issues you need help with. Read their online info. to see if they sound like someone you would like to talk with. A good therapeutic fit can often be noted with the initial telephone contact or after the first session.